

Macluumaad ku anfacaya



1 Sabar yeelo marka aad canugga cuntada siinaysid.

Carrurta waqti ayeey u baahan yihiin si ay u bartaan wax cunidda. Aad ayeey isu haleeyan marka ay wax cunayaan. Marwalba ag fadhi marka canuggaaga wax cunayo.

2 Dhalooyinka waxaa loogu talagalay biyaha, caanaha hooyada ama kuwa la qaso.

Koob ku sii casiirka oo keliya. Marna ha siin cabitaanka mac sida Kool-Aid, kuwa gasacadaysan, kuwa la qaso ama biyo sokoraysan.



3 Marna ha ku qasbin canugga inuu dhameeyo cuntada ama dhalada.

Canuggaaga isaga ayaa kaa yaqaan inta ay tahay inuu cuno. Waa ay kuu sheegayaan markay dhergaan iyagoo madaxa ka fogaaynayo, faruuryaha isku qabta, cuntada afkooda ka soo saara ama dhulka ku tuura cuntada.

4 Saxan yar wax ku sii canuggaaga ee gasac/dhalada wax ha ku siin.

Qaado yarna wax ku sii. Qaadada nadiif ha ahaato midda aad cunnada uga soo saaraysid gasacyada ama dhalooyinka. Dhareerka ama cadhuufta canuggaaga waa ay haleyn kartaa cunnada, taasoo shuban keeni karta. Daadi raashinka iyo cabitaanka uu ku soo reebo dhalada ama saxanka. Ku kaydi qaboojiyaha cuntada weelka lagu soo gado ku jira. Isticmaalna 2 cisho gudahood.



5 Marba hal cunto cusub ku bilaw.

Sug shan cisho inta aadan cunto kale oo cusub ku billaabin. Ka ilaali calaamaadka aleerjiyada.



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6 Raashinka aleerjiyada keeni kara waxaa ka mida:

- ▲ Caanaha lo'da
- ▲ Casiirka Oranjka
- ▲ Qaybta cad ee ukunta
- ▲ Waxyaabaha Masaggada laga suubiyo
- ▲ Cunnada galleyda
- ▲ Kalluunka iyo cuntada badda
- ▲ Cunnada laga suubiyo digirta Soy sida caanaha Soy
- ▲ Looska shiidan ama lawsaska kale
- ▲ Looska shiidan
- ▲ Shukulaatada (Chocolate)
- ▲ Istarooberi
- ▲ Yaanyada Cayriinka ah

Carruurta badankood waa ay ka koraan xasaasiyadda noocan ah.

7 Calaamadaha aleerjiyada waxaa ka mida

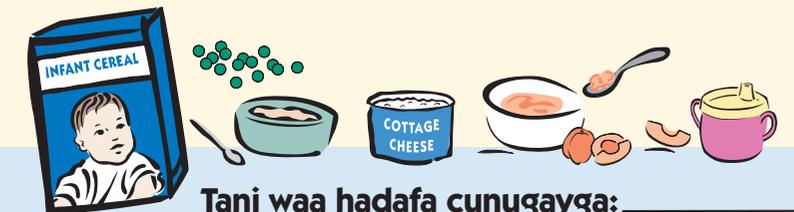
- ▲ Firiricyada jirka ka soo baxa
- ▲ Gaas (dabeysha caloosha gasha)
- ▲ Neefta oo dhibt
- ▲ Shuban

8 Cunno saafi ah gado. Iska ilaali cuntada lo soo diyaariyey oo isku qasan. Haddii aad doonaysid adiga ayaa sida aad doonaysid isugu darsan kara. Adiga ayaa isku darsan kara hilibka, khudradda, bariiska iyo baastada. Sidaa ayaa kaaga caafimaad badan kana raqiisan.



9 Waxaad cuntada kaddib siisaa faruuto. Carruurta uma baahna waxyaabaha macmacaan sida kastarka iwm.

Dheefinta cunugaada markuu dhashtay ilaa 8 bilood



Tani waa hadafa cunugayga: _____

Digniin : Carruurta si fudud ayeey ugu sixan karaan cuntada sida hoot doogga, daangada, looska, karootada cayriinka ah, canabka, nacnaca la calaajiyo, xanjada, iyo nacnaca adag. Ha siinin cuntadani. **Marnaba** ha siinin canuggaaga malab ama cunto laga sameeyey malabka. Canuggaaga aad ayuu ugu xanuunsan karaa amaba waa uu ku dhiman karaa.

Cunnada Carruuta 8da bilood ee ugu horeeysa

U isticmaal tilmaantan tusaale ahaan sida aad canuggaaga u bari lahayd cunnada.

Haddii canuggaaga uu dhashay sagaalka bilood ka hor, kala tasho shaqaalaha WIC xagga cunto siinta.

Dhalashada

Canuggaaga:

- ✓ Waxaa uu dhuuqaa laqaana cunnada dareera (qooyan).
- ✓ Carabka ayuu bannaanka u soo saaraa.



Carruurta waxaa loo dhalaa in la naas nuujiyo.

Caanaha naaska ayaa aad ugu fiican canuggaaga!

Canugga soo dhaweyso marka aad dhalada wax kusiinaysid. Marna haku dhalada ha seexinin dhalada oo afkiisa ku jirta ama.



Qiyaastii 6 bilood

Marka uu canuggaaga awoodo:

- ✓ Iyadoo la saacidayo uu fadhiisto.
- ✓ Uu madaxa ceshan karo.
- ✓ Uu cunnada afka ku hayn iyo laqi karo.



Marka hore:

- ▲ Ku bilaw siriyalka wata macdanta ayronka (iron).

Ku bilaw siriyalka bariiska ah. Kaddibna mushaari ku day.

Ugu qas siriyalka caanaha naaska ama kuwa la qaso. Marka hore qafiif uga dhig. Qaado oo qaaddo ku sii siriyalka. Marna dhalo ha ku siin siriyalka.



Qiyaastii 6 illaa 7 bilood

Marka uu canuggaaga awoodo:

- ✓ Inuu fadhiisto sacidaad la'aan.
- ✓ Inuu wax calaajiyo.



Ku bilaw:

- ▲ Inaad bartaa canuggaaga inuu koob yar ku cabo biyaha.
- ▲ Faruutada iyo khudradda. Marka hore uga bilaw khudradda.
- ▲ Khudrad la kariyey oo yara shiidan.
- ▲ Faruuto loo shiiday.

Waxaad isticmaali kartaa makiinadaha cuntada lagu shiido marka aad diyaarinayso cunnada carruurta. Sii cunto aan lagu darin cusbo ama sokor.



Qiyaastii 7 bilood

Marka uu canuggaaga awoodo:

- ✓ Uu koob isticmaali karo iyadoo la saacidayo.



Ku bilaw:

- ▲ Casiirka faruutada ee.
- ▲ Yaree casiirka illaa 2 auns (ounces) (60 milliliters) maalinwalba.
- ▲ Waxaad isugu qastaa 2 awns (ounce) oo casiir ah iyo 2 awns (ounce) oo biyo ah.
- ▲ Marwalba koob ku sii casiirka.



Wagtigan ka ilaali oranjki iyo cabitaanka cananaaska!



Qiyaastii 7 illaa 8 bilood

Marka uu canuggaaga awoodo:

- ✓ Inuu meelaha iyo alaabta qabsado.



Uga bilaw cunno shiidan:

- ▲ Hilib.
- ▲ **Ha siinin hot doogga (hot dog)!**
- ▲ Digaagga.
- ▲ Digirta.
- ▲ Burcadda shiidan.
- ▲ Caano ciirtood.
- ▲ Isha ukunta (halka gaduudan) oo la kariyay burburi kunia khas caanaha naaska, caanaha la qaso ama caano fadhiga (clirta).
- ▲ **Ka ilaali ukunta meesha cad!**

Sidoo kale:

Sii cunno kala duwan.

Ku bilaw in canuggu keligii wax cuno.





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Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Feeding Your Baby: Birth to 8 Months**

Size: 16.5 x 9

Paper stock: 60# text Sterling gloss white

Ink color: 4-color process

Special instructions: Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

DOH Pub #: 961-185